

GROUND AVOIDANCE/GROUND ESCAPE

Instructor(s): Don May, Dave Sullivan & Aaron Bownes

Course Description:

Participants will learn:

- Three key principles to reduce the chance of injury from a fall.
- Control resistance from a standing position.
- Proper emergency falling and cover positions.
- Standing avoidance techniques in open and narrow environments.
- Ground defense positions and strikes to recover to standing.
- Four most common ground positions.
- Escapes from the four common ground positions.

Folks will participate in instructor lecture, group discussion, instructor demonstration and participant demonstration. Please wear clothing and shoes that are comfortable (sweats, t-shirts, etc., no shorts). This course will consist of very close physical encounters and techniques.

Date: October 12, 2010 (Tuesday)

Time: 6:00am – 2:00pm

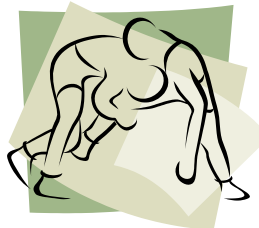
Location: DOC Training Center
442 Golf Course Road
Deer Lodge, MT 59722

To register contact: Geri Miller
406-846-1320 ext 2307
Gerimiller@mt.gov

IF ADEQUATE NUMBERS ARE NOT REGISTERED THE CLASS WILL BE CANCELLED

DOC staff must complete a training request form and receive approval from their supervisor(s) prior to attending this course.

*Awareness is the first step to
positive change.*
-- Leslie C. Aguilar



**This course is
POST certified.**

The Department of Corrections will make reasonable accommodations for persons with disabilities who wish to participate in this training or need an alternative accessible format of this notice or related material. If you require accommodations, please contact Geri Miller, DOC Training Center, 442 Golf Course Rd, Deer Lodge, Montana, at 406-846-1320 ext 2307; fax # (406) 846-1484; or gerimiller@mt.gov.